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is portrayed describing four reasons why wise
men don t allow themselves to indulge in
excessive grief when faced with misfortune we
can also view these as four cognitive thinking
strategies for coping with adversity and
building emotional resilience these appear to

foreshadow stoic advice for coping with'

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these books yet but the purpose of this list
is to give you an idea of exactly what s out
there so that you can start to sink'

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